

# Call For Participants



Understanding effects of  
group exercise participation  
on wellbeing



10 min(s) to complete

Sincere Gratitude

Online Questionnaire

Online

Loughborough University

This study is conducted to understand the effects of physical activity or exercise participation on wellbeing during a difficult time like COVID-19. It also aims to understand the effects of belonging to a group such as a running, cycling, walking or yoga club; on physical activity participation, resilience (an ability to adapt to difficult situations) and wellbeing of individuals.

Find out more online

Poster printed on 18/04/2024    Study expires on 18/08/2020

## More info

by scanning the QR code  
or visiting the URL

# www.cfp.cc/PZMVI3

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